



Serves: 4

Methi Thepla (Fenugreek Flatbread)

Ingredients

- Lentil flour (Besan) 100g
- Whole wheat flour 100g
- Green fenugreek leaves, chopped 50g
- Onions, chopped 50g
- Green coriander, chopped 15g
- Salt, to taste
- Ajwaain (carrom seeds) ¼ tsp
- Turmeric powder ¼ tsp
- Red Chilli powder ¼ tsp
- Dhania powder ¼ tsp
- Rice bran oil 1 tbsp
- Water ½ cup

Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Plant-based foods such as wholegrains (e.g. brown rice, wholemeal bread and oats), vegetables, fruit and beans are rich in fibre, which promote the feeling of fullness and also help in blood sugar control.
- Use fresh herbs and spices instead of salt to add interesting and varied flavours to dishes.

Method

- Mix all ingredients well (except oil). Slowly add water and knead it into a soft dough.
- Cover with a moist cloth and set aside for 20 minutes.
- Divide dough into 8 equal balls.
- Roll each ball with a rolling pin to a 4-inch diameter flat circle.
- Apply some oil to the flat bread and cook each on both sides over a hot griddle or tava till golden brown.
- Serve hot, with 2 pieces of bread per person.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 220kcal
Protein 10.0g
Total fat (g and % of total calories)
5.6g (22.1%)
Saturated fat 0.5g
Cholesterol 0mg
Carbohydrate 34.0g
Dietary Fibre 6.1g
Sodium 309mg